

Girls on the Run

Deforest is hosting an Exclusively Virtual Team this fall!

Twice per week for 8 weeks, girls will have fun, make friends, explore valuable lessons, develop positive social skills and find joy in physical activity! Trained and caring volunteer coaches lead 3th – 5th grade girls through an exclusively virtual experience, hosting lessons online!

The team will join together in a safe online platform, for 45 minutes.
Girls will then complete a self-driven 20 minute workout on their own.

Deforest virtual practices will be held: Mon/Wed 5:00-5:45 pm
Fall program starts Sept 14th

Registration is now open!

For more information and to register visit: www.girlsontherunscwi.org/Program-Registration
or call 608-831-4687.

Financial assistance is available.



Not ready to resume in-person activities? We get it.

Everyone has different levels of comfort and we understand that some won't be ready to join us face-to-face in the fall. That is why Deforest is offering exclusively online programming this fall season! This is not your 'typical virtual lesson', girls will engage with mentors, make new friends and move and move their bodies (yes, your girls better be ready to sweat)!

Teams will meet in a safe online platform, like Zoom or Google Meet, for 45 minutes.
Girls will then complete a self-driven 20 minute workout on their own.

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